



Shambhavi Mudra – The Eyebrow Center Gazing Gesture

Shambhavi Mudra is a highly regarded practice in yogic and tantric texts. *Shambhavi* is a powerful mudra used during meditation to still the mind and to experience higher stages of consciousness. *Shambhavi* mudra is mentioned in the yogic text *Gheranda Samhita*. It essentially involves gazing at the eyebrow center.



SHAMBHAVI MUDRA EYE BROW CENTER GAZING



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How to do Shambhavi Mudra (The Eyebrow Center Gazing) ?

1. Sit in any meditative asana like *Padmasana*, *Siddhasana*, *Sukhasana* or *Swastikasana*.
2. The fingers can assume *Jnana mudra* or *Chin mudra* and the palms can rest on the knees.
3. *Shambhavi* mudra is nothing but gazing at the eyebrow center. With our eyes we cannot actually see the place where the two eyebrows meet. But an attempt is made to focus the vision between the eyebrows. Roll both the eyes upwards and try to gaze at the eyebrow center.
4. When you do this, you will be able to see the two eyebrows as two curved lines meeting at the center. It forms a kind of V-shaped line with a dip at the center.
5. Concentrate the eyes on this dip in the lower center region of the V-shaped line.
6. Maintain this position for as long as you can. Initially, the eye muscles will start to pain after few seconds or within minutes. Relax the eyes and bring it back to the normal position. Rest for some time and try again. With practice one can maintain this gaze for longer period of time.
7. Breathe normally during the practice. As you proceed with the meditation technique, your breath will slow down and become more subtle.
8. Shambhavi mudra can take one into deep states of meditation.

Variations of Shambhavi Mudra

Shambhavi mudra can also be done with eyes closed. Advanced students who have already mastered the eye brow gazing with eyes open can attempt the same with eyes closed.



Benefits of Shambhavi Mudra (The Eyebrow Center Gazing)

1. *Shambhavi* mudra is considered one of the most important mudras for meditation. It helps to transcend the mind and reach higher states of consciousness. It can help one reach the state of Samadhi. The eyes have a direct connection with our mind. When the eyes are moving, the mind is more active. When you fix the eyes at one point, the mind also settles down and thoughts are reduced. The *Gheranda Samhita* declares that one who masters *Shambhavi* mudra becomes equal to Lord Siva, Vishnu and Brahma.
2. It helps to strengthen the eye muscles. By constant practice, the muscles can sustain the position for a long period of time for prolonged meditation.
3. *Shambhavi* mudra activates the *Ajna chakra*.

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